

# JOIN Dr. Scott Durgin FOR A WALK



**WHO:** Dr. Scott Durgin

**WHAT:** A FREE 60 MINUTE WALK WITH THE DOC.  
WALK YOUR OWN PACE AND DISTANCE

**WHEN:** April 19th

**WHERE:** North Springfield Dam – Maple Street Parking Lot

**WHY:** DID YOU KNOW JUST 30 MINUTES  
OF WALKING A DAY CAN:

- Increase your energy
- Help you sleep better
- Increase productivity
- Make you feel happier within just 10 minutes

See 96 more reasons at [www.walkwithadoc.org/why-walk/](http://www.walkwithadoc.org/why-walk/)  
<http://walkwithadoc.org/our-locations/springfield-vt/>

walk with a DOC

Take a **STEP** toward better **HEALTH**



WALKwithaDOC.org